Agnihotra: A POTENT PURIFIER

AGNIHOTRA is an integral part of Vedic culture and its inclusion in our daily routine, is prescribed in Ayurveda.

Agnihotra has five essential components which are 1] Hawan Kund, 2] Agni., 3] Samidha , 4] Samagri, and 5] Ghee.

1] Hawan kund can be of copper, clay, or iron.

2] Agni: This invocation of Agni is done after reciting specific mantras. The effect of Agni on us is that is acts as a heating agent that burn the Samidha , Samagri and Ghee, thus creating an effect of sudation [induced sweating]. This process cleanse our body by opening the skin pores thus expelling the internal toxic materials outside. The detoxification of our body increases our immunity and provides health and wellness.

3] Samidha are very important in Agnihotra .The choice has to be very careful.

Sr no	Samidha	Effect
1	MANGO	INCREASE IMMUNITY
2	CAMPHOR	PREVENT AND CURE COUGH, ASTHAMA, UPPER TRACK RESPIRATORY INFECTION [U.R.T.I.]
3	CINNAMON	ANTI TUBERCULAR, CURES COUGH , ASTHAMA
4	ARJUN	CLEARS THE OBSTRUCTION IN HEART, GIVES LUNGS STRENGTH AND CURE COUGH, ASTHAMA AND U.R.T.I.
5	CHANDAN	CURES LONG STANDING COUGH AND PURIFIES THE LUNGS.
6	AMALA	CURE COUGH AND BOOST IMMUNITY

4] Samagri: these are dry leaves, bark, fruits, flowers, twigs, seeds, resin which have an aroma. The burning of these element in Hawan Kund where the temperature is about 400 Celsius, releases the aromatic oil in fine vapour .these vapour condense in the form of minute aromatic droplet that are inhaled through our nostrils . The aromatic molecules also travels in the atmosphere which help to purify the environment.

These aromatic molecules when they reached the lungs are mixed with the blood and are carried to each cell, tissues and organs which induce detoxification and increment in immunity. The another effects of these molecule that they act directly on the nadi [sushuma , pingla and ida] which can be correlated to the AUTONOMIC NERVOUS SYSTEM, and its two components called para sympathetic and sympathetic systems. The aromatic molecules are able to bring an equilibrium and stability in the Nadis thus giving health and wellness

The following medicinal plants can be used as samagri:

Sr no	Plants	Part used	Effect
1	GUGGULU	RESIN	COUGH AND ANTI - BACTERIA
2	CINNAMON	BARK, LEAVES	COUGH , FEVER, U.R.T.I.
3	ELACHI	SEEDS	FEVER, COUGH
4	NEEM	LEAVES	BLOOD PURIFIER
5	ARJUN	BARK AND LEAVES	HEART , LUNGS
6	TULSI	LEAVES. TWIGS AND SEEDS	FEVER, BLOOD PURIER, COUGH, ANTI -VIRAL
7	BETEL LEAF	LEAVES	HEART ,FEVER, COUGH
8	CAMPHOR	LEAVES, BRANCHES, RESIN	COUGH, ASHTHAM , U.R.T.I
9	AMLA	LEAVES AND BRANCHES	IMMUNITY BOOSTER
10	DRY RAISIN	FRUIT	LUNGS AND IMMUNITY BOOSTER
11	JAIPHAL	SEEDS	COUGH, FEVER
12	CHANDAN	LEAVES AND BARK	FEVER , COUGH
13	HALDHI	DRY HALDI ROOT	FEVER, COUGH, IMMUNITY BOOSTER
14	YELLOW MUSTARD	SEEDS	BLOOD PURIFIER , FEVER
15	BLACK SESSAME SEEDS	SEEDS	IMMUNITY BOOSTER, ASTHMA
16	GILOYE	LEAVES , TWIGS	FEVER, ANTI VIRAL, IMMUNITY BOOSTER
17	CLOVES	INFLORESENCE	FEVER, COUGH, ASHTMA.

5] Ghee.

The effect of pure cow Ghee is beyond expectation .The Ghee used in Agnihotra must be melted and be in liquid state. Ghee is resistant to spoilage by micro-organism and chemical action. It is the most ideal vehicle to transport medicinal plants to target organ due to lipophilic action. It is able to penetrate cellular level, rapidly reaches mitochondria, microsome and nuclear membrane. The effects of ghee are as follows.

1] Rasayan, 2] improves and maintain vision, 3] improves digestion, 4] stimulates appetite, 5] gives glow and radiance to skin, 6] increases memory, 7] fortifies immunity, 8] increases longevity, 9] increases stamina, 10] corrects impotency, 11] improves voice.

One should not fear of any diseases, this is beautifully explained in two mantras of Atharvaveda: [19/15/5-6]

1] Abhayam nah karatiannetarikshamme abhayame.

2] Abhayamme mitraddeabhayamme.

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